



4 WEEK COACHING CONTRACT

1:1 RISE & SHINE

Coaching Container



I am thrilled to offer you my private Coaching Package. There is always room to discuss what you need and what I can offer so please reach out when and if you need!

Here is my favorite package the **Rise & Shine 1:1 Coaching Container**

Rise & Shine:

As your go-to coach for all things business & confidence growth! I'm stoked to welcome you to my private 4 week, coaching.

Don't hesitate to hit me up if you have any questions or just wanna chat!

Together, we'll dive deep into your goals and ambitions, so we can create a clear vision for your online biz.

We'll use all the tools in my arsenal to help you grow your online presence, build a tribe of super fans who adore you, and work towards launching your digital product, membership, group coaching, or 1:1 coaching program, all of which we will discuss and plan for in our sessions.

With my strategic guidance, you'll go from feeling lost to feeling calm, informed, and excited about your next steps.

Are you ready to rise and shine? Let's do this!





4 WEEK COACHING CONTRACT

1:1 RISE & SHINE

Coaching Container



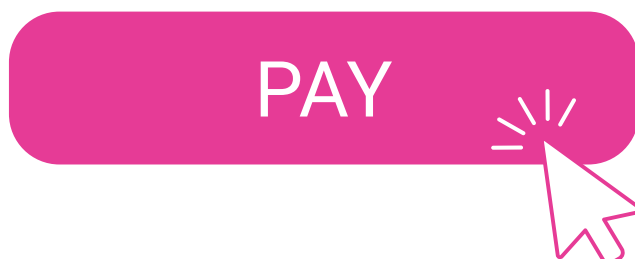
I am so excited that you have chosen the **4 week coaching package** which is the perfect plan for you right now to get super clear on your long term goals and create the action plan forward.

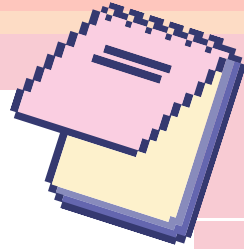
- **4 weeks - \$550**

- **2 x 60 Min 1:1 Zoom Chats** (each fortnight or when you choose to book them in)
- **Weekly Goal Tracker** to help you see your progress in voxer
- **Intensive eye over your brand through my 4 step process**
- **Full access to myself via voxer for 4 weeks**
- Access to The **TikTok Curious [Start Up & Scale] Academy**

Please enquire for Payment Options

CLICK BUTTON BELOW TO JOIN ME





FOUNDATIONAL STEPS

CLARITY
CLARITY
CLARITY
CLARITY

— □ ×

Gaining Clarity is Key

Why are you here? What brought you here? Why do you need to keep going? We get deep, we get real, for me this is that keeps you going. Without clarity on this it's hard to know where you're going and how your going to get there!

VISION
VISION
VISION
VISION

— □ ×

Make your Vision clear

Now it's time to set up your vision. Get it all out. Like emptying a puzzle box, ideas don't make sense to start with but each piece has a place in building your online business we just need to find where the places are best to go.

CREATE
CREATE
CREATE
CREATE

— □ ×

Make it freaking happen!

*It's time to create the journey. **Who** are your here for? **What** do they need? **How** will you help? What do you provide and **where** are you talking to them? This is the meaty phase where you take the gloves off and you work. This is the fun part. You **lay your foundation** and you start to see it grow.*

GROW
GROW
GROW
GROW

— □ ×

Expand & Grow

Now we work on expanding what have you created and how can we give it full focus and love so it builds your brand, transpires and elevates you as the expert in your field. You become magnetic and your marketing starts to magnify your brand again & again!

